Can an Apple a Day Really Keep the Doctor Away?

It sure can help. Every time you bite into an apple you are getting a dose of powerful nutrition. One medium apple provides 17% DV (daily value) of fiber, 14% DV of vitamin C, 6% DV of potassium and only 95 calories. That’s not all - scientific studies have found that people who eat fruit regularly have lower risks of developing high blood pressure, heart disease, stroke, certain cancers, degenerative eye disease, type 2 diabetes, Alzheimer’s, diverticulitis and obesity. Unfortunately, most Americans fall short of eating enough fruit (two cups per day is recommended for most adults). But since apples are the second most popular fruit in the US, it is an easy way to get families to power up their fruit intake for optimal wellness!

Inspiring tips from health professionals:

- Slice apples into your morning hot cereal
- Pack apples for that perfect snack at work, school or activity
- Slice apples for an appetizer and serve with dip like nut butters, fruit spread or cream cheese
- Put apple slices in lunch boxes or snack bags
- Dice apples into salads and slaws
- Grate apple into quick breads, pancakes or muffins
- Throw a fresh apple into your juicer

Go Ahead, Crunch!

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